



## **H-PLUS Function Exercise: EMPATHIZING**

### **Function Command: PLUS-PROFILE, PROFILE**

#### **Purpose:**

This is your H-PLUS Function exercise to learn to perceive and know the reality of another living physical being.

#### **Application:**

To perceive accurately in others their drives, emotional, mental and physical states at a non-conscious level.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **EMPATHIZING** is good with the H-PLUS Function exercises **ATTENTION, RELAX, LET GO, EIGHT-GREAT** and **SPEAK UP**.

**Examples** – If you're involved in business negotiations or dealing with dissension in your workplace, use **RELAX**, focus with **ATTENTION** and tune in to others with **EMPATHIZING**.

When dealing with highly charged family issues, release excess emotion with **LET GO**, *focus* on where others are coming from with **EMPATHIZING** and take a positive and constructive approach with **EIGHT-GREAT**.

## Please Note:

- **EMPATHIZING** is for use as needed to increase awareness in situations requiring clear communication.

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